

# Would you exercise wearing this?

*New Member?*

*New Student?*



# FREE Fitness Orientation!

Please stop by the lobby upon entry to sign up! Each orientation will take at least 45 minutes to complete with a personal trainer. Please dress properly for exercise and the Campus Recreation Center.

Please schedule 24 hours in advance.



Visit [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu) for more details and information regarding the Campus Recreation Center and the programs offered.